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Thursday, January 26, 2012  
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News worth sharing.

# HRM drafting sign bylaw

► Most existing signs currently along secondary highways are illegal ► Highway 333 a busy route for traffic



JENNIFER  
TAPLIN  
@METRONEWS.CA

Sign, sign, everywhere a sign — especially on the way to Peggy's Cove.

HRM staff has been given the go ahead to write up a bylaw that would restrict signs on secondary highways. Two spots along Highway 333 — on Prospect Road leading to Exhibition Park and at Tantallon — will be specifically targeted in a pilot project.

"It's so much clutter that the signage doesn't even have a chance for value," Coun. Reg Rankin said.

The province amended the Public Highways Act in May 2011, giving municipalities greater authority in dealing with the issue. Staff will look into a bylaw where businesses would have to pay a permit fee to advertise and the signs would be of uniform size. Staff is also looking into 'Bluenose Coast' branding.

Rankin said other municipalities will be looking to HRM to set an example.

Wayne Hatcher, owner

## Bylaw not enough?

► Coun. Gloria McCluskey suggested on Tuesday that council take a sign bylaw even further to restrict the clutter of election signs popping up at intersections this fall.

Sunrise Park Cemetery, has had a sign on Prospect Road for 13 years.

"The problem we're having is people are putting up the smaller signs on the power poles and on trees," he said, adding larger, professional signs like his should be allowed to stay.

Brian King, with King Demolition, said he'd prefer free advertising since it can be expensive for small businesses, but he'd pay a fee to keep his large sign on Prospect Road.

"It all depends on the rate they'd charge," he said. "It's a high-traffic area but if the rate is reasonable, sure."

HRM staff will gather information and draft a bylaw in the next three months for council and ministerial approval. Derelict signs will be removed and the permitted signs will go up during the summer.



► HRM staff is working on a bylaw that will eliminate signs on secondary highways, like these on Prospect Road.



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# Consult public before selling a school: Carvery

Halifax Regional School Board Chair Irvine Carvery is planning to go above Halifax regional council's heads to ensure communities are consulted before former schools are sold.

At its monthly school meeting on Wednesday night, Carvery informed the board he will be asking their permission to approach Education Minister Ramona Jennex on the issue.

"I wish to speak with the minister of education around the whole (school) review process to see if we can ensure that community consultation on the future use of school buildings, once closed, can be enshrined into the legislation," Carvery told reporters.

At issue is council's decision on Tuesday to reaward Jono Developments Ltd. the former St.

## Council vote

► **Plan.** Halifax regional council voted 13-10 to sell St. Patrick's-Alexandra school instead of giving the community 90 days for a business plan.

Patrick's-Alexandra school site.

Council voted to stand by its initial decision and

sell the lands to Jono, headed by Joe Metlege — despite failing to embark on a 90-day community consultation required by municipal policy.

Carvery said after that decision, Coun. Linda Mosher made a motion to bring the policy surrounding school sales more in line with what is being practiced. A staff report indicated the municipality had not followed that poli-

cy since it was enacted in 2000.

"Current policy only called for 90-day opportunity for communities to respond. That's not asking much," said Carvery. "If council in their wisdom decides after that, that what the community is bringing forward isn't in the best interest of HRM ... they have the authority and power to deny it."

● ALEX BOUTILIER

# Cosy cat causes cockpit chaos

► **Air Canada flight delayed after feline gets loose prior to take off**



PHILIP  
CROUCHER  
@METRONEWS.CA

Forget about snakes on a plane. A pesky feline left airport officials in Halifax scratching their heads on Wednesday.

An Air Canada flight to Toronto from Halifax scheduled to depart at 5:30 a.m. was delayed for more than four hours after Ripples the cat escaped from its owner's carrier prior to take off, then made itself comfortable inside the cockpit by squeezing itself inside some panels near wiring.

"We'll see a movie come out of this one," joked Halifax Stanfield International Airport spokesman Peter Spurway. "It's a first for me and I haven't run into anybody yet who has heard of this before."

With the cat refusing to

**"Some people tried to catch him up in first class. Then he took off into the cockpit and nestled down."**

DEBBIE HARRIS, OWNER OF 10-YEAR-OLD RIPPLES, TOLD CTV

come out, Air Canada decided to stop boarding the flight and the passengers on the plane had to go back into the waiting area. Maintenance workers then came on scene to remove panels, and disassemble part of the cockpit somewhat, before the cat was retrieved, unharmed.

"They (then) checked all the wiring where the cat had been to make sure there was no damage and (it was) connected properly," he said.

"They then put the panels back on, put the pas-



► A photo of Ripples the cat who escaped from his crate on board an Air Canada flight to Toronto from Halifax.

sengers back on the plane, and then they left at about 10 a.m."

An Air Canada spokeswoman said the plane landed in Toronto just after 11 a.m. local time, with the cat never leaving his

carrier again during the flight.

The story of Ripples drew significant public attention on Wednesday.

By the end of the day, Spurway estimated he had carried out 16 media inter-

views about the cat's antics.

WITH FILES FROM THE CANADIAN PRESS



For more local news visit [metronews.ca/halifax](http://metronews.ca/halifax)

# Halifax Central it is

The Halifax Regional School Board has officially renamed Cornwallis Junior High School.

At its monthly meeting on Wednesday night, the board voted to accept the renaming of the Preston Street school to Halifax Central Junior High School starting in September.

Last year, the board voted to rename the school because of who it was named after. Edward Cornwallis is one of the founders of Halifax who approved a controversial scalp bounty on Mi'kmaq, including women and children, in the 1700s.

Only one group —

which included former federal NDP leader Alexa McDonough — made a presentation against the new name on Wednesday night.

McDonough suggested the board consider renaming the school after Muriel Duckworth, the anti-war advocate who passed away in 2009. ● ALEX BOUTILIER

## News in brief

### HRM warns of thin ice on lakes and ponds

If you go near any HRM lakes right now, you're on thin ice.

HRM sent out a warning to residents Wednesday that the latest round

of ice thickness tests show many lakes don't meet Red Cross standards. The Red Cross recommends ice be 15 centimetres thick for individual skating and six more centimetres for groups.

HRM tests about 80 lakes and ponds and posts the results on the municipal website [halifax.ca](http://halifax.ca), and on the ice line at 490-3577.

● METRO

# 1 news



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**Another cellphone interrupts another classical performance, but this violist handles it like a pro. Watch at [metronews.ca/video](http://metronews.ca/video)**

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# Thousands fewer parking ban tickets being issued

- ▶ Loosened ban means less money in municipal coffers
- ▶ HRM's Ken Reashor doesn't see much change in motorists' behaviour



▶ HRM residents are getting far fewer tickets for parking overnight this winter on city streets.



ALEX BOUTILIER  
@METRONEWS.CA

Three days of the new partial winter parking ban has resulted in close to 4,000 fewer tickets than this time last year.

Over the three nights the overnight ban has been invoked, the municipality has distributed 802 tickets. That's down from the 4,729 tickets issued between Dec. 15, 2010 and Jan. 25, 2011, when the ban was in effect every night.

"I don't think, at this stage, I could clearly say that we're having a better level of compliance to the

winter ban," said Ken Reashor, director of transportation and public works with the Halifax Regional Municipality, on Wednesday.

"But the other issue is we are being more aggressive on the ticketing and parking because ... that's the difficulty in being able to discern whether we're doing better now from a compliance perspective or not."

For the nights the ban has been in effect this winter, HRM has issued an average of 267 tickets per night. That's down from a 115 tickets a day average last year up until Jan. 25

"No matter what form of program the winter ban is based on ... we're still going to be issuing tickets ... We're never going to get 100 per cent compliance," said Reashor.

Fewer tickets, however, means less money in the municipal coffers.

Assuming everyone who received a ticket in the above time period last year paid on time, the municipality's bottom line benefited to the tune of \$236,450, at \$50 per ticket.

So far this year, tickets issued will bring in \$40,100 — a difference of \$196,350.

## Vehicle ban

▶ The overnight winter parking ban, when in effect, means no vehicles can be parked on city streets between 1 a.m. and 6 a.m.

"For a community, to be able to not have to scramble (to find alternate parking), I think it's priceless," said Coun. Dawn Sloane, a vocal opponent to the blanket ban. "As for a municipality, \$200,000 because people are abiding the rules that have been set, they should be grateful that people are abiding by the rules."

## Policy sparks enforcement change

The change in municipal policy on the overnight winter parking ban has changed the way Halifax Regional Police is enforcing it.

Spokesman Const. Brian Palmer said the force now

calls in members for overtime shifts when HRM invokes the ban.

"When a snow event is declared by the city, officers are called in and all that they deal with is responding to calls for tickets as

well as ticketing on their own," he said.

"It's not affecting our actual manpower, because the officers are over and above the regular complement."

● ALEX BOUTILIER

# Millbrook chief to stand trial on drug charge

The chief of the Millbrook First Nation will have his day in court at the end of April.

Chief Lawrence Paul's lawyer entered a not guilty plea on his behalf on Wednesday to one count of possession of marijuana.

Paul, 77, didn't make an appearance in court.

He was arrested and charged with drug possession following an alleged incident in Truro on Nov. 21.

He was released on a written undertaking to the Truro Police Service, conditions that continue until the matter is dealt with.



▶ Millbrook First Nation Chief Lawrence Paul.

Paul's counsel, Jeffrey Hunt, estimates the trial will take three hours.

Federal Crown attorney Stephen Topshee said he has provided further disclosure to Hunt in preparation for the case. The trial is scheduled for 9:30 a.m. on April 24. **TRURO DAILY NEWS**

## Minimum wage to increase

The minimum wage in Nova Scotia is rising by 15 cents to \$10.15 an hour, effective April 1.

The minimum wage for a worker with less than three months' experience in the work they were hired to do is also going up to \$9.65 from \$9.50 an hour.

Labour Minister Marilyn More says the mini-

mum wage must keep up with increases in the cost of living.

The government says fixing the minimum wage to the consumer price index was recommended by a minimum wage review committee made up of representatives from employers and employees.

The rate was last set in October and future increases will occur every April based on increases in the CPI from the previous year.

THE CANADIAN PRESS

## Woman robbed leaving bus

Halifax police say a woman was robbed by several men after getting off a Metro Transit bus in the Collins Grove area.

Police say the 23-year-old victim got off the bus, was followed by the men, then had her hood pulled over her head.

She was then pushed to the ground, a police release states, and a bag containing several items was stolen.

Police say they checked the area and the suspects couldn't be located.

Police are continuing to investigate.

● METRO

## Girl dies after pool incident

A nine-year-old girl who went to school in HRM has died after an incident at the Old Orchard Inn pool, the CBC reported on Wednesday.

The girl was taken to the Valley Regional Hospital in Kentville then to the IWK Health Centre following a near-drowning at the pool on Friday.

RCMP would not comment on the case Wednesday as they do not suspect foul play. A spokesman for the Halifax Regional School Board would only say grief counsellors were at one of its schools on Wednesday. ● METRO



▶ A plow clears snow from a storm this winter.



# Man killed crossing highway

► Police looking into whether victim had been driving stolen vehicle



**PHILIP  
CROUCHER**  
@METRONEWS.CA

Halifax police are trying to determine if a man struck by a car while crossing Highway 102 near the Lacewood exit early Wednesday morning was fleeing from a stolen vehicle.

Just after 2 a.m., police say someone reported hitting something on the highway travelling toward Bedford.

Halifax Regional Police spokesman Const. Brian Palmetter said a short time later, a passing RCMP officer noticed an abandoned minivan on the off-ramp in the middle of the roadway.

The officer stopped to check on the vehicle and determined it was likely stolen, and then noticed another vehicle up ahead with its hazard lights on.

"He then continued to that point and that's when we discovered that some-

## Low visibility

Police say there was very low visibility at the time of the accident.

body had been struck," Palmetter said.

The victim, who police say was from HRM, was pronounced dead at the scene.

"At this point, we cannot confirm that the stolen vehicle, the van that we determined was stolen, we can't say at this point it's connected to the crash, but we are looking at it," he said. "But what we were able to determine is that a 24-year-old man appears to have been crossing from the east side of the 102 to the west side when he was struck and killed."

Palmetter said the male driver who struck the victim contacted police immediately and it doesn't appear he'll face charges.

# Homeowners also charged after break-in

A Dartmouth home invasion resulted in charges for the homeowners, too.

Police say just after 1 a.m. Wednesday, two men armed with a hand gun and a knife forced their way into a residence on Kennedy Drive.

The men allegedly demanded items from the

man, who was in the home with a woman at the time. A shot was fired, but no one was hit. The woman was able to escape and call police.

The Quick Response Unit arrived shortly after and arrested two men who were leaving the residence. Police seized a gun

## Not random

Police say the incident wasn't random and investigators believe it was drug-related.

and marijuana.

The two 20-year-old men are facing several charges

including break-and-enter to commit robbery, unlawful confinement, careless use of a firearm, pointing a firearm and possession of a weapon obtained by the commission of an offence.

The two residents of the home were also charged with drug possession.

● METRO

## Firefighters. Respond



► Firefighters responded to the Nova Scotia Community College's Pictou campus on Wednesday afternoon when smoke filled the welding shop area of the campus around 2 p.m.

NEW GLASGOW NEWS

## Smoke fills welding shop

There were no injuries, but students and staff were evacuated and the school closed for the remainder of the day.

# Mrs. Parliament gets her groove back

► First time at Neptune Theatre for Canadian TV star Sheila McCarthy  
► Most of play's cast from Halifax



JENNIFER  
TAPLIN  
@METRONEWS.CA

When her husband forgets their anniversary, it's life changing for Mrs. Parliament.

Opening this week at Neptune Theatre, Sheila McCarthy (the feisty blonde from CBC's hit TV series *Little Mosque on the Prairie*) plays the lead in *Mrs. Parliament's Night Out*.

It's the latest comedy from Norm Foster, touted as Canada's most produced playwright.

"It's about a woman in her 50s who realizes she's been taken for granted for 32 years of her marriage and she decides to go out to discover things outside the home," he said.

Mrs. Parliament signs up for a plethora of classes including archery, bowling, and singing.

"And she falls in with a group from Narcotics

## Premiere

**Mrs. Parliament's Night Out premieres on Friday and runs until Feb. 19 at Neptune Theatre's Fountain Hall.**

Anonymous, so she takes everything that's out there," he said.

Foster said his lead discovers a 'new her' with the people she meets along the way.

Although no stranger to comedic roles, it's a return to the stage for McCarthy after years of film and television work. She won Genies for her films *I've Heard the Mermaids Singing* and *The Lotus Eaters*, and she won Geminis for her roles on *Emily of New Moon* and *Sesame Street*.

"She's a dream to work with," Foster said. "She's such a pro and very funny in this part."



► J.D. Nichol森, left, and Sheila McCarthy rehearse a scene from *Mrs. Parliament's Night Out* at the Neptune Theatre on Wednesday.

Foster said he can't remember what specifically inspired him to write this play.

"It just really came to

me about this woman and being taken advantage of and being unhappy in her marriage and how she tries to turn her life

around," he said.

One of his favourite funny bits in the play is the dinner scene in the second act when people from several

of her classes converge on Mrs. Parliament.

"They're pretty funny too, I think. I hope," he said, laughing.

## Expert warns computer search bodes ill in spy case

The relocation of portions of the military's East Coast intelligence centre is an ominous sign that Canada's security services haven't reached the bottom of a spy scandal involving a junior naval officer, a noted expert on espionage said Wednesday.

National Defence acknowledged earlier this week that some elements of the Trinity establishment, located behind ra-

zor wire at a Halifax naval base, have been moved as a "precaution" but also "part of prudent business planning" across the harbour to a military air base at Shearwater.

Wesley Wark, a longtime expert on security and intelligence at both the University of Ottawa and the University of Toronto, described it as one of the most telling developments since Sub-Lt. Jeffery Delisle, who lives

in Bedford, was arrested and accused of leaking secrets to a "foreign entity" — charges that could result in a sentence of life in prison.

At the same time, a defence source said "consternation and choice words" have been directed at Russia through the back channels of nations involved in signals intelligence co-operation under the United Kingdom — United States of America Agreement

(UKUSA), a 65-year-old pact that counts Britain, the U.S., Canada, Australia, and New Zealand among its members.

The thought that even some of Trinity's computers may have been compromised is chilling for the Canadian intelligence community, said Wark.

"What that tells me is that (Delisle) is likely not talking," said Wark. "It has to be that they are very concerned about the

vulnerability of computer systems and communications systems in case Delisle — either himself or with help — managed to install certain kinds of programs, a bit like (Pte.) Bradley Manning did to siphon off material and hopefully go unnoticed."

Manning is the U.S. soldier accused of leaking hundreds of thousands of classified documents to online whistleblower WikiLeaks. **THE CANADIAN PRESS**

## Leaked secrets

► Sub-Lt. Jeffery Delisle faces two counts of unlawfully passing secrets under the Security of Information Act, as well as charges of breach of trust.

► Delisle's Halifax lawyer recently quit and his next court date is not until Feb. 28.

## Fishermen can't catch minister's attention

Some lobster fishermen in southwestern Nova Scotia say they are disappointed the provincial fisheries minister hasn't attended meetings aimed at getting better prices for their catches.

The newly formed Professional Lobster Fisher-

men's Association met in Digby County on Tuesday.

But member Will Scott says Fisheries Minister Sterling Belliveau was a no-show and hasn't done enough to help fishermen secure sustainable prices.

The group has agreed not to sell for less than

\$5.50 per pound and threatened to tie up their boats if prices didn't rise.

Prices in the region's winter fishery are in the range of \$3.50 per pound range.

Lobster fishermen say many can't afford to go out for that price. **● METRO**



► Sterling Belliveau

## School boundaries up for discussion

A meeting to discuss proposed changes to the Bedford school district will take place at the Basinview Community School tonight at 7 p.m. The meeting was originally scheduled for Jan. 12, but was rescheduled due to

bad weather. Kelly Regan, the MLA for Bedford-Birch Cove, says the proposed changes will fundamentally alter the school boundaries and could remove all students from Waverley Road School. **● METRO**



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# Son 'stupid' but not killer: Lawyer

FRANK GUNN/THE CANADIAN PRESS

## ► Defence pleads with jury to end Shafia family's 'Kafkaesque' ordeal

A young man accused of killing his three sisters and the first of his father's two wives is only guilty of being "stupid" and "morally blameworthy," but neither he nor his co-accused parents deserve to be in this "Kafkaesque" scenario, court heard Wednesday.

Hamed Shafia, 21, and his parents, Mohammad Shafia, 58, and Tooba Yahya, 42, are on trial for four counts each of first-degree murder, accused by the Crown of killing their four female relatives in a so-called honour killing. They have pleaded not guilty.

Four months after the family's July 22, 2009, arrests, Hamed told a university student hired on the sly as a private investigator that he was there when the car went in the canal. He said he had followed them from the motel as a concerned brother.

He rear-ended them near the scene, he said, and while he was picking up pieces of headlight he heard a splash and ran to

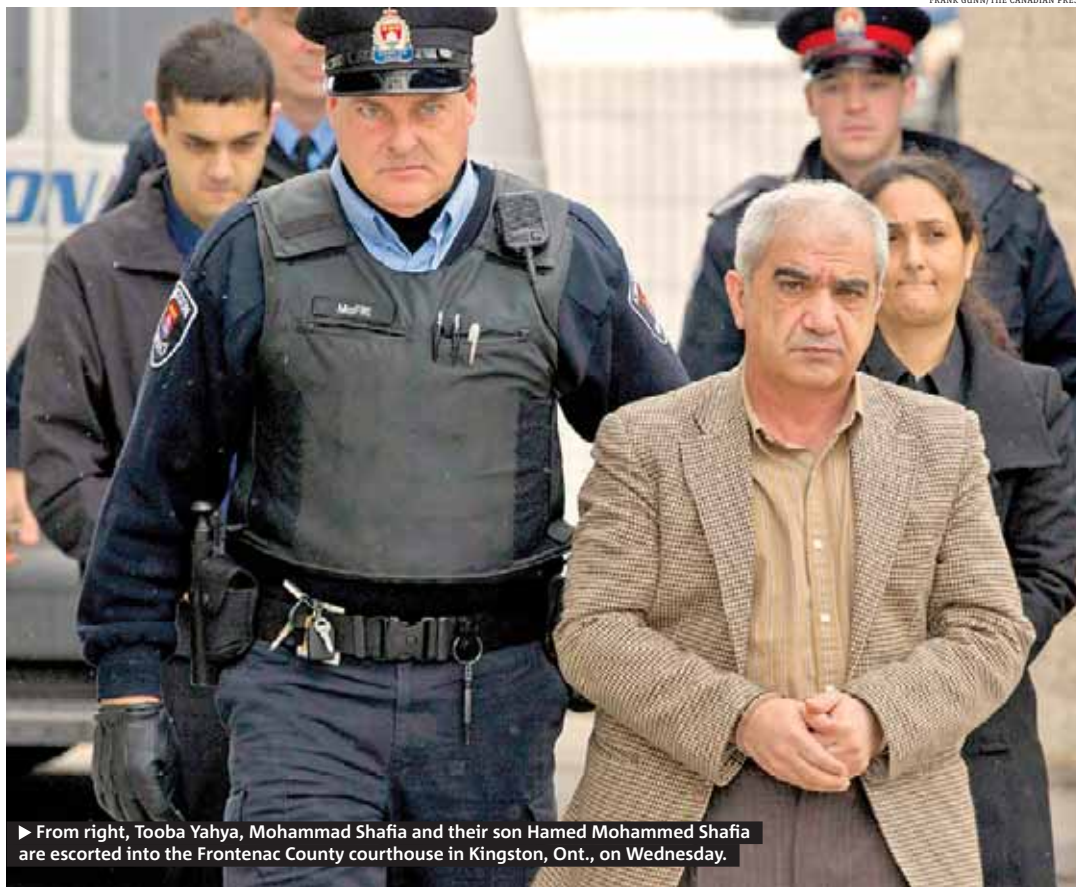
### Crime scene

- The Crown alleges the girls and their mother were dead, or at least incapacitated, before they went into the canal. It's been suggested by the defence that the Crown theory is the four people were drowned in one of the other areas of open water around the scene, then placed in the car.
- Hamed Shafia's lawyer Patrick McCann, as well as the lawyers for his parents who addressed the jury Tuesday, scoffed at that notion. "How would it be done?" McCann said. "Just the practicality of doing it, it's implausible."

the edge of the canal.

He called their names and dangled a rope in the water, but seeing no signs of life he eventually drove through the night home to Montreal without alerting police, he said.

THE CANADIAN PRESS



► From right, Tooba Yahya, Mohammad Shafia and their son Hamed Mohammed Shafia are escorted into the Frontenac County courthouse in Kingston, Ont., on Wednesday.

# 8 more people charged in Stanley Cup riot

GEOFF HOWE/THE CANADIAN PRESS



► People watch a car burn during a riot following game 7 of the NHL Stanley Cup final in Vancouver on June 15, 2011.

Eight more people have been charged in the Stanley Cup riot in Vancouver, bringing the total to 38 out of the 100 suspects that police have recommended charges against so far.

The Crown is working its way through the police list and has approved 26 charges against the latest suspects, mostly men ranging in age from 18 to 26, half from Surrey, B.C.

Most are charged with

participating in a riot, break-and-enter and mischief, but 22-year-old Sean Yates is also accused of assaulting a police officer, while 18-year-old Arian Anwari is accused of carrying a dangerous weapon.

Vancouver police say they expect to make more charge recommendations, adding that hundreds more pictures will be released over the next few weeks.

THE CANADIAN PRESS

### Charges

- Former beauty queen contestant Sophie Labossionniere is accused of break-and-enter and taking part in a riot.
- Ryan Dickinson is charged with participating in a riot and breach of recognizance related to a previous assault charge.

## Online profiling a reality: Privacy czar

Ontario's privacy commissioner says people's perceptions of their privacy and anonymity online fall far short of reality.

Dr. Ann Cavoukian says

seemingly unrelated pieces of information that people share about themselves online may now be found together to create a detailed profile. THE CANADIAN PRESS

## Cocaine in fruit leads to charges

Six southern Ontario residents have been charged after drugs were found in fruit shipments in New Brunswick and Windsor,



Ont. The RCMP say the investigation started when border officials seized a marine container in Saint John, N.B., last August and found 19 kilograms of cocaine in hollowed-out pineapples.

THE CANADIAN PRESS

## Budget to reflect aboriginal priorities

The coming budget will be consistent with the priorities agreed to by aboriginal leaders and the federal government, Aboriginal Affairs Minister John Duncan

said Wednesday.

A pledge was made during talks this week to move forward with recommendations on education reform. THE CANADIAN PRESS



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# Driver on rampage kills 9

## ► Driver rams bus down crowded street in India ► Another 27 injured

A bus driver mowed down pedestrians and rammed cars, scooters and food stalls in a rampage through crowded Indian streets Wednesday that killed nine people and injured more than two dozen.

Police chased the bus for an hour through the streets of the central city of Pune, with traffic officers firing on it in an attempt to stop it, before they managed to arrest the 30-year-old driver. He is being held on murder charges.

der charges.

The licensed bus driver had driven his route as normal Tuesday, but on Wednesday he jumped into another driver's bus and took off, police said.

"He just went berserk,

slamming into people, cars, school buses, scooters and vegetable stands," Pune Police Commissioner Meeran Borwankar said.

Police have ruled out terrorism as a possible motive. **THE ASSOCIATED PRESS**



► People look at damages after a bus was driven into vehicles and pedestrians in Pune, India, on Wednesday.

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**ALEX MACDONALD**, Regional Economist, CMHC  
An aging population and seniors in particular will continue to have a significant influence on the housing sector in Nova Scotia and Atlantic Canada over the next twenty years. Alex MacDonald will provide highlights of the demographic, social and financial trends for this segment of the population and will share insights into the housing options and preferences for senior households from both a global and local perspective.

**MATTHEW GILMORE**, Senior Market Analyst, CMHC  
The Metro Halifax housing market continues to be impacted by changes in the global and local economies. Find out what impact recent events will have on the local housing market as Matthew Gilmore presents his analysis and forecast for Halifax. Topics of interest will include: local economic and demographic indicators, the new home construction market, the existing homes market and the rental market.

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## Pakistani PM plays down memo scandal

Pakistan's prime minister toned down his criticism of the country's powerful generals Wednesday, a sign of lessening tension between the civilian government and the army that some predicted could topple the nation's leaders.

The two sides have long been in conflict, but tempers flared in recent months over a secret memo allegedly sent by the government to Washington last year asking for help in stopping a supposed army coup after the U.S. operation to kill al-Qaida founder Osama bin Laden. The government has denied any connection to the letter.

**3** The conflict raised fears of a military coup, something that has happened three times since Pakistan was founded in 1947.

The political crisis has come as the government is facing an array of challenges, including a struggling economy, rampant militant violence and troubled relations with its most important ally, the U.S.

Many analysts doubted a coup was imminent, but some speculated that the army was working with the Supreme Court to oust the government through constitutional means.

**THE ASSOCIATED PRESS**



► British Prime Minister David Cameron is urging EU leaders to make sweeping changes to the European Court of Human Rights.

## British PM in new battle with EU leaders

Taking a sharp new swipe at European meddling in the work of national governments, British Prime Minister David Cameron chided the continent's human rights judges Wednesday — insisting they must curb their role.

Cameron made the

France-based European Court of Human Rights the latest target for his euroskeptic scorn, warning that judges had overstepped their powers by repeatedly overturning decisions made by domestic authorities.

Britain has frequently tussled with its European neighbours since Cameron took office in 2010 and insisted that national governments and courts must win back powers lost in recent decades to the continent's power bases.

**THE ASSOCIATED PRESS**





# A surprise swoop SEALs it!

► Crack U.S. team that killed bin Laden rescues hostages in a daring raid into Somalia

They did it again!

The crack U.S. Navy SEAL team that killed Osama bin Laden parachuted into Somalia under the cover of darkness early Wednesday and scored another bold triumph.

They crept up to a camp where an American woman and Danish man were being held hostage.

Soon, nine kidnappers

were dead — and both hostages were freed.

U.S. President Barack Obama authorized the mission by SEAL Team Six two days earlier. And minutes after he gave his State of the Union address to Congress, he was on the phone with the American's father to tell him his daughter was safe.

Held captive since last

fall, American Jessica Buchanan, 32, and Poul Hagen Thisted, a 60-year-old Dane, were soon safely on their way home.

The U.S. raiders caught the kidnappers as they slept after having chewed the narcotic leaf qat for much of the evening, said a pirate who gave his name as Bile Hussein.

THE ASSOCIATED PRESS



► Freed: Thisted and Buchanan



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# Man joked about hacker past

## ► Megaupload founder Dotcom accused by U.S. of illegal downloading

Two years ago, Megaupload founder Kim Dotcom joked in emails with his new neighbours in New Zealand about his criminal past, telling them those days were behind him.

"I am a former hacker"

who was once convicted of insider trading, he wrote, before going on to say "In all seriousness: My wife, two kids and myself love New Zealand and 'We come in peace.'"

Dotcom's emails came to light Wednesday, the

same day a New Zealand judge denied him bail after his arrest on U.S. accusations of copyright infringement. Dotcom, 38, insists he is innocent.

Dotcom first developed a reputation as a computer hacker in his native Ger-

many, where he was born Kim Schmitz. In 2002, he received a 20-month suspended sentence after being found guilty of manipulating stock prices to earn himself \$1.1 million.

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Great. Light north



► The aurora borealis puts on a show Tuesday near the city of Trondheim, Norway.

EMIL BRATT BORSTING/THE ASSOCIATED PRESS

## Solar storm lights up sky

Stargazers were out in force in northern Europe Tuesday night, hoping to be awed by a spectacular showing of the aurora borealis, or northern lights, after the most powerful solar storm in six years.

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- 4** Adele  
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# AGREE TO DISAGREE WITH A HOCKEY HERO

## HE SAYS ...

JOHN MAZEROLLE  
METRO



As a Boston Bruins fan this might just be the Stanley Cup champagne talking, but it's possible I'm the only left-leaning person who's OK with goaltender Tim Thomas showing he also likes to play right wing. In case you're exhibiting concussion-like symptoms and don't know what I'm talking about: The Boston Bruins were invited to the White House this week, but their MVP Thomas decided to stay away and have a Tea Party instead.

In a statement that showed he likes capitalization more than the Capitol, he said that the U.S. government had "grown out of control" and that he had made his decision "as an INDIVIDUAL."

The media's reaction? Well, you think the Gadhafis were harshly criticized ...

To be fair, Thomas' statement was vague, which left it open to interpretation. A reader might guess that he doesn't recognize the divine provenance of the Los Angeles Kings, believes it's his right to defend his crease with a gun, and thinks that Mario Lemieux is the best Freedom-Canadian player ever.

Here's what some media members actually said: He should turn in his U.S. medal from the Olympics. He hates the troops. And he may be a racist. All this while most were mocking his views as extreme.

The only people who seemed to support him were right-wingers who were happy to pile onto Obama.

It's an interesting thing to discover that one of your heroes is your political opposite. It's a bit like discovering that Stephen Hawking has a Confederate flag in his bedroom or Rowlf the Dog is a Scientologist. You admire them for reasons totally beyond what their politics are, and you're not sure how to process it when given the new information.

Fortunately for me, I'm a militant free-speech guy (and God knows I've got enough friends who are part of the flu-shots-kill-but-bin-Laden's-alive extreme left.)

I've got a good head start with cognitive dissonance, because I have two other heroes whom I disagree with on just about everything but who are good at what they do and live their lives with integrity. I call them "Mom" and "Dad."

So I don't care that Thomas took his stance and I would argue over a beer, rather than commiserate. In the sports realm, he's a thoughtful, polite and intelligent interview, and on the ice he's already proven he's one of the best players in the world.

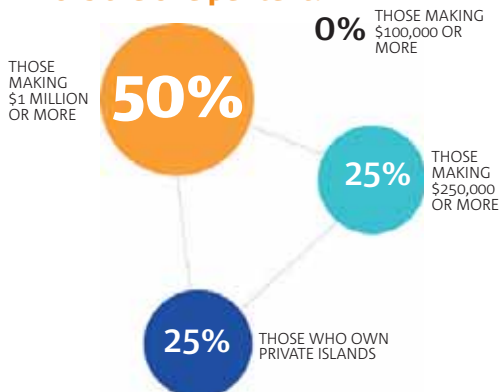
Thomas has done his bit for king and country. So to speak.

Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

### Who is the one per cent?



### Local tweets



► **@yogi\_care:** to the man sketching me in #starbucks: you are one creepy dude #halifax

► **@lmschnare:** Death by #chipins today...and donair egg rolls...definitely have to hit the gym later! #Halifax

► **@caitlinreynr:** you know it's the last night before exam week when half of Halifax west is chilling at the library.....

► **@KathMcPherson:** Metro transit is a happier place to be when it's sunny! Much

better than the hot steamy mess of moods yesterday! #Halifax #transit

► **@themaxonline:** Retweet if you're annoyed by that girl that constantly asks for bus tickets along Spring Garden and Barrington. #Halifax

► **@lolmsvu:** Best view of #Halifax: from Caritas Residence at #msvu

► **@beecarroll:** My hatred for the skating oval runs too deep, don't bother debating me. I'll win. #halifax

► **@htylerbennicke:** This sunshine is FAR TOO BRIGHT and I blame Peter Kelly. #halifax

## One year since the revolution

**CAIRO, EGYPT.** Thousands of Egyptians flocked back to Tahrir Square to mark the first anniversary of the start of the revolution that ousted authoritarian leader Hosni Mubarak. But the mood in the square was far from just celebratory amid fear that violence could erupt between protesters and the military. ● **MWN**

## Military still calling the shots

**TENSIONS.** Why has there been more frustration than celebration? Tensions have been simmering between pro-democracy activists and the military. December saw nine dead and hundreds injured after a crackdown on antimilitary protesters. The military council has pledged to transfer power to a civilian government by July 1. ● **MWN**

### Egypt today

► **Islamists coming to fore:** Muslim Brotherhood's Freedom and Justice Party wins last week's lower-house election.

► **Ailing Mubarak in the dock:** Ex-leader's trial on corruption and ordering deaths of protesters continues.



## On high alert in Tahrir



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# Warm up with great music

► In the Dead of Winter festival running through Saturday ► Come down and get toasty

## BACKSTAGE PASS

JENNA CONTER  
METRO HALIFAX



During the dark days of winter almost a decade ago, a group of local musicians

noticed a lull in the live performance market for emerging acoustic artists in Halifax. Led by Heather Gibson, now of Company House, the first In the Dead of Winter festival was a quaint ode to acoustic music.

As organically as it started the festival grew annually to include more musicians and additional venues.

Once the festival found its footing, Gibson passed the torch to current festival director and acoustic musician, Don Brownrigg.

"We kept it small for the first three years, only making confident steps when we were sure we could," Brownrigg tells me.

"Since our board is still involved in the music industry, we can keep an ear to what a musician wants."

Building slowly and working from their own experience gives Brownrigg and his co-directors an advantage that has led to the expansion of the festival into Wakefield, Que. at the award-winning

**"It's always good to participate in festivals where you can always feel like you're part of a movement or a community or a style without even realizing it."**

MARTHA WAINWRIGHT

Black Sheep Inn.

As the festival expands so does its notoriety in the festival circuit adding more impressive names to its line up.

Attracting acts like Martha Wainwright and Shawn Colvin, the four-day festival is breathing life back into winter in Halifax.

"There's always room to grow and have the big names we've scheduled this season," Brownrigg said. "But it's really important to have emerging artists who are just getting their start and keep it inviting for them as well."

Wainwright returns to Halifax and is bringing with her a new voice.

"My styles of writing and singing over the years have come together to create my most recent material which is making my very excited," says Wainwright, who is performing at The Spatz Theatre on Friday at 8 p.m.

"Stylistically, my music is more representative of my taste and now it's jelling together into its own more defined voice."



► Martha Wainwright is one of the main attractions for the In the Dead of Winter festival. For complete event details, visit [inthedeadofwinter.com](http://inthedeadofwinter.com).

# 2

  
scene

### Garth Brooks



An Oklahoma hospital in Garth Brooks' hometown must pay \$1 million to the country singer because it failed to build a women's health centre in honour of his late mother, jurors ruled Tuesday evening. Jurors ruled that the hospital must return a \$500,000 donation to Brooks plus pay him \$500,000 in punitive damages in Brooks' breach-of-contract lawsuit against Integris Canadian Valley Regional Hospital in Yukon.

THE ASSOCIATED PRESS

# No need to talk about Kevin

► Previous winner, Swinton not fazed by Oscar snub for We Need to Talk About Kevin role

Tilda Swinton wasn't nominated for an Academy Award for her role in We Need to Talk About Kevin, but she wasn't sad after hearing the news.

"I wasn't disappointed. I didn't know for hours, but someone was telling me apparently everyone else was disappointed. I had very low expectations, so

perhaps my expectations were a bit lower than everybody else," the 51-year-old actress said Tuesday at an event celebrating Here, a short film starring supermodel Agyness Deyn that Swinton conceived for Starwood Hotels & Resorts Worldwide Inc.'s Luxury Collection brand.

"I am a good gambler,

so I knew we were not really going to be in there," she said.

Swinton took home an Oscar in 2008 for best supporting actress for Michael Clayton.

This time, she not only starred in We Need to Talk about Kevin, but also served as an executive producer. Swinton was nomi-

nated for a Golden Globe for her role in the film, and she said being nominated for any major award was a win for the movie.

"This is a film that was put out by a tiny distributor who doesn't have the money to put ads on the sides of buses or television ads."

THE ASSOCIATED PRESS



MATT SAYLES/THE ASSOCIATED PRESS



'Graceland' revisited: Sundance doc traces success, fallout of Paul Simon's smash album



# Katherine's 'Plum' role

► Heigl gets tough playing bounty hunter Stephanie Plum in *One for the Money*

**NED EHRBAR**  
SCENE@METRONEWS.CA  
METRO WORLD NEWS IN HOLLYWOOD

Playing Stephanie Plum — a lingerie saleswoman turned bounty hunter — in *One for the Money* has taught Katherine Heigl one thing: She likes to shoot stuff.

"I really enjoyed it because it was super-satisfying and cathartic on some level," she says of the gun-play she did for the film. "It was fun, I had a good time. I started wanting to go to the gun range regularly. And then I started shooting clay pigeons with [husband] Josh [Kelly]. I really like to shoot things. Who knew?"

Not that firearms are necessarily new to her, but the work on this film added a new level of reality to it

for the former Grey's Anatomy star.

"I mean, I've been wielding guns in films since I was 15 but they're fake and there's no actual bullet in them — we hope," she says.

"So they took us to a shooting range to practice, because there are certain things you're not supposed to do — like blink when you shoot, but it's impossible not to blink, it's really hard — and it was really intimidating and nerve-racking the first time they put a loaded gun in your hand. Plus they've just given you a 20-minute spiel about all the dangers of this gun, so you're sort of freaking out."

But clearly she got over that. All that shooting is aimed at attracting a more diverse audience than your usual romantic comedy fare

— especially since the movie is based on one of 17 books in the Stephanie Plum series by author Janet Evanovich. Clearly there are hopes for a franchise.

"I think what's sort of interesting about the books is they all have a murder-mystery tie-in, with the bounty hunting aspect of it. So it's not all just about romance, it's not all just about comedy," Heigl says.

"The murder-mystery storyline is kind of dark and a little edgy and gives it a vibe that is not purely chick-flick-ish. I'm really excited about it because it does appeal to everyone, it isn't just a girl's movie. I think that we're working hard to advertise it so that everyone knows that it's a good time for everyone — men and women included."



► Katherine Heigl says *One for the Money* will appeal to men and women.

DONNA WARD/GETTY IMAGES

## Debbie Reynolds puts things in perspective

In *One for the Money*, Katherine Heigl got the chance to work with screen and stage legend Debbie Reynolds. Heigl says it gave her the chance to put her long work hours into perspective.

"It was so horrifying what that woman went through to make that movie. I think she said they were working something like 20 hours a day... I thought she was exaggerating and it was sort of one of those 'When I was your age I walked to school in bare feet in 10 feet of snow.' This can't be true. And then she told me how she had to dance with bleeding feet at one point, and Gene Kelly was like, 'I guess we should stop, Debbie's feet are bleeding all over the scene.' So then I stopped complaining about my hours."

● NED EHRBAR

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# Did Demi suffer seizure?

► Embattled star enters rehab ► Report claims she's being treated for anorexia

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONews.ca



Demi Moore has entered rehab after being rushed to the hospital Monday night for an alleged prescription pill overdose, according to TMZ.

Despite a frantic 911 call and an ambulance dispatched to Moore's home, the actress' reps insist Moore's trip to rehab is for "exhaustion" and nothing more.

"Because of the stresses in her life right now, Demi has chosen to seek professional assistance to treat her exhaustion and improve her overall health," her reps say in a statement.

"She looks forward to getting well and is grateful for the support of her family and friends."

Radar Online reports that actually, Moore had a seizure before she was rushed to the hospital and is now being treated "for anorexia, as well as other issues," a source told the site.

Meanwhile, on the same night she had her breakdown, her estranged husband, Ashton Kutcher, was seen partying with a bevy of beauties at a Bruno Mars concert in Brazil.

It's interesting, isn't it? We spend a lot of time (and editorial space) idolizing these celebrities. We're green-eyed about their wealth, beauty and success.

But whoa — when they crash, they really, really crash. We might not be as thin or as rich, but we normals seem to be able to handle life's problems with a bit more ease.

And really, Demi. Don't let someone as dumb as Ashton Kutcher bring you down. You can — and will — do better.



► Demi Moore

ALL PHOTOS GETTY IMAGES

# Valentine's day wedding bells?

Britney Spears and fiancé Jason Trawick are reportedly planning to get married on Valentine's Day in Maui, according to Hollyscoop.

And just in time for her to tie the knot, Spears' dad is reportedly ready to end his conservatorship, which leaves him in control of decisions affecting her personal and professional life.

"Jamie wants to go to court in early February so Britney will be a free woman in every sense when she marries," a source says,

though some predict that the conservatorship will remain in effect for her business affairs.

● METRO



Britney Spears



► Seal and Heidi

## Behind Heidi Klum's decision

Heidi Klum's decision to separate from husband Seal was apparently motivated by wanting to escape his "diva" behaviour, according to Holly-

wood Life.

"Heidi's first priority has always been her marriage, but she felt like Seal wasn't meeting her halfway," a source says.

"She had to take drastic measures to show Seal she wouldn't put up with his behaviour anymore. Raising happy and healthy kids is now her No. 1 priority."

The source adds that

divorce might not actually be inevitable at this point.

"I could see Heidi threatening Seal with a divorce because he thought she would never do such a thing," the source says.

"This may push Seal to finally get the help he needs to deal with his temper in a more constructive manner."

● METRO

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3  
lifeTrend of  
the week

LONDON

## Winter whites

We've not only been spotting white jeans on the streets of London and New York but on many an editor during the men's runway shows in Milan this past month. They work best when paired with cool blues, neutrals and burgundies as expertly styled above.

● MWN



Toronto-based Wesley Badanjak named new designer for Basch label



Las Vegas: Lingerie model or call girl?



Russia: Models as acrobats...



...and little Russian hip hop dancers.



Stockholm: Sheer simplicity



Brazil: Runway finale beauty

# Worldwide fashion weeks

- On any given day, somewhere in the world, a fashion week is likely taking place
- We look some of the weird, random and genuinely cool ones



**RICHARD PECKETT**  
LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

The month of runway shows in the big four fashion capitals are just a week away. But New York, London, Milan and Paris are hardly the only cities to put their local talent on show. With each year, the calendar of global fashion weeks seems to multiply with a runway show taking place for every scene you could possibly imagine. Because even dogs deserve a chance to strike a pose.

## THE WACKY

### New York Pet Fashion Week

Manhattan is a city filled with doggie spas, so it's sadly not surprising that it would be home to a fashion week devoted to fashionable four-legged Prada lovers. It's a reality televi-

sion series waiting to happen with painfully pruned pooches in bows, crash helmets, sunglasses, floral skirts and even full tuxedos — probably cursing their owners as they trot down the runway.

## China Fashion Week

The dramatic effects such as smoke and lighting displays are worthy of a Broadway musical. The costumes range from traditional-inspired robes to sci-fi-style looks of Lady Gaga proportions. We mean a birdcage on a model's head.

## CRAZY

### Colombia Moda Para El Mundo

This one is the trashy sister fashion week of Colombia Moda. That means plenty of silicon boob implants, bootylicious bums and bursting bee-stung lips. Did we mention that the most

recent Columbia Moda Para El Mundo even saw a pile of fake cocaine on the runway?

### Las Vegas Lingerie Show

It's a mesmerizing watch for all the wrong reasons. The one-day runway show falls somewhere between an X Factor girl band audition and an aggressive striptease to the beats of an '80s power ballad. In brief, it's awful.

### Russian Fashion week

Considering that the country is known for the export of vodka, oil oligarchs and fur-clad brides, it would be a mistake to expect Russia to have a low-key week of fashion. Take the designer YanaStasia, who turned the runway into a playground for gymnastics, a mock marriage proposal and dancing kids. See?

## LEGITIMATELY COOL

### Stockholm and Copenhagen Fashion Weeks

The Scandinavian brands seem to have a knack for simplicity. The obvious examples are Acne and Cheap Monday. But there's also a crop of new designers such as Odd Molly and Dagmar, showing that there's more to Swedish fashion than just denim. Across the border in Denmark, Anne Sofie Madsen, who worked with creative geniuses John Galiano and Alexander McQueen, is proving to be a real trailblazer.

### Istanbul Fashion Week

With its rich history and traditions, it's not surprising that Istanbul Fashion Week is showing its might. Two such names are Atil Kutoglu, who can name-

drop Naomi Campbell as a client, and Arzu Kaprol, who has already debuted a collection in Paris. With its heritage meets European aesthetic and burgeoning economy, Turkey has the potential to become a fashion empire.

## Fashion Rio

The city's beginning to show that there's more to Rio than beautiful people and beaches, although it sounds like a good starting point to us. Last season saw top model Isabeli Fontana, transsexual Lea T and American It girl Olivia Palermo all take to the runway. Famed for girls flaunting their flawless bikini bods, this fashion week is now moving toward a more grown-up, sportswear aesthetic. Look to labels like Filhas de Gaia and Agatha for proof that the week deserves international attention.



## The daughter of campaigns

The saying, "It's not what you know but who you know," couldn't ring more true for the daughters of Cindy Crawford, Annie Lennox, Andrea Dellal and Yasmin le Bon. Crawford's 10-year-old Kaia Gerber has just land-

ed the campaign for Young Versace, Tali Lennox fronts British brand Karen Millen (less bragging rights), Alice Dellal bags Chanel and Marc by Marc Jacobs — not a bad season's work — and Amber le Bon

models for Vanessa G's spring/summer line. Yes, it affirms that life's not fair but the hierarchical fashion world works a little like monarchy — you need to prove your bloodline.

● MWN



## Jeanne Space



@Jeanne\_Beker: Voila les invitations! In Paris and the magic's begun. Going to be "un semaine plein d'inspiration!"



In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



► @Jeanne\_Beker: Stellar couture perfection from @Versace. THIS is what it's all about!

► @Jeanne\_Beker: Plum perfection at Dior. Designer Bill Gayten really shines in this couture collection....



► @Jeanne\_Beker: Glam/deco/punk... Tisci's Givenchy offering is a jaw-dropping collection of only 10 garments...



► @Jeanne\_Beker: Pretty in a sheer pink print, at Valentino. SO different from the edgy fare we've seen this week.

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## Return to slender

## THE KIT

By Deborah Fulsang

Look 10 pounds slimmer instantly with the artful and expert wardrobe advice of Style by Jury's David Clemmer

## Top tip to look slimmer?

"The most important thing is the right bra and underwear, or in some cases the right body shaper with extra bust and butt support. It doesn't matter how much you spend on a sweater or what fabulous fabric it's made of, if you're not wearing the proper bra in the proper size, your boobs can sag and make your upper body look boxy and shapeless. A good, supportive bra lifts the bust, allows the waistline to show and creates curves."



► Style by Jury's David Clemmer

## How does the approach differ if you're a size 8 versus 18?

"Always wear clothes that show off your shape — regardless of your size. Wearing an outfit that is even slightly oversized will make you look like you've gained five pounds and then some. Fabric choice is also important. Avoid

those that cling and stretch into your curves (or rolls). Remember that shiny fabrics reflect light and make objects appear larger. Look for lightweight wools and denims, and keep the silhouette simple."

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# Va-va-voom for the living room

► Style guru Karl Lohnes tells us how to add colour to a neutral space

## DESIGN CENTRE



KARL LOHNES  
HOME@  
METRONEWS.CA

**Q: I have a living room that is decorated with neutral colours. I'd like to integrate some colour but don't know what type of colour, how to start and how much to add.**

**S. Smith, London, Ont.**

A. Adding colourful accessories to a neutral room is a great way to make it look fashionable and follow some trends without breaking the bank.

First off, determine what your neutral is and work with it. Your 'neutral' could

### Bring it together

The big secret to adding larger, expensive accessories is to spend in the same category as your neutral furnishings; not more or less.

- For instance, if all your furnishings are from Ikea, then add value-driven accessories; not expensive, upscale items.
- Buy in the same style (modern, art deco, country) as your existing furnishings for a cohesive look.

be one of many colours; crispy white, cream, mossy green, grey, tan are a few of the common neutrals.

Each of these works best with certain strong colours. For instance, lime green works best with cool,



► Citrus colours like orange, yellow and green are great choices to update a room with this season's trend colours.

sharp, clear neutrals like white, grey or dark brown but is not so good with cream, tan or mossy green.

Trend colours to go with

white or grey include citrus colours like lime, orange and yellow.

The best accent colours to complement tan are

moss and cream along with rich blues and claret reds or purples.

Easing colour into your room with small acces-

sories (pillows, candles and art) is the simplest way to start. Layer the colour in a few lighter and darker tones; it will give you flexibility when shopping so you don't have to worry about always finding that 'perfect colour'.

Want make a colour look even better? Add in one or two accessories that are opposite on the colour wheel to bring them to life. For instance, if lime green is your new colour then add a few orange-tones colours to help make the green stand out. Large ways to add colour (rugs, new paint on a focal wall, curtains) are investments to the room.

Just how much colour should you add to a neutral room? I like the 70/neutral 30/colour rule; that way you won't have too much or too little.

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## Tips for tiling a cool kitchen backsplash

► It's always more fun to throw half-cooked spaghetti at shiny new tiles

### DIY IDEAS

If your kitchen needs an update but you don't have the time or money to spend on a complete renovation, brighten it up with a backsplash. Not only will it add texture and colour, but it will help protect the walls from water, food and grease damage.

In every episode of Kitchen Impossible, host Marc Bartolomeo helps homeowners turn their kitchen makeover fantasies into realities.

Here's a few tips on how to tile your kitchen backsplash.

#### Surface preparation

Be sure that the drywall is secure. Fill any nicks or low spots by patching with dry-wall compound and sand to level.

Wipe the wall to ensure that the surface is free of dust, oil and residue. This guarantees a strong adhesive bond between the wall and tile.

#### Determine where to start

Measure the installation site to determine how many tiles you will need to purchase, as well as to locate the best place to start tiling.

It is best to hide cuts in corners and under cabinets, leaving the full tiles in areas that will draw the most attention.

#### Apply mortar

Begin spreading the glue or mortar with the flat side of a trowel to ensure good adhesion. Using the notched side of the trowel, go over the glue to remove any excess.

The size of the notches will be determined by the



► A good backsplash will protect your kitchen walls from water, food and grease damage — as well as sticky fingers.

thickness of the tile, so be sure to check the manufacturer's recommendations.

#### Install tiles

Begin installing the first tile or sheet by working off

the countertop surface. This will ensure the installation is level because the countertops would have been leveled when installed.

Place tiles in position as close as possible to avoid sliding tiles into place in the mortar.

Tap each tile once with a rubber mallet to ensure they have adhered properly to the mortar.

#### Make cuts

A dry cutter, wet saw or tile nippers may be used to fit around electrical boxes, cabinets, etc.

Tile saws can be rented at many hardware rental spots, saving you lots of time and stress throughout your renovation.

**TUNE IN TO BACK-TO-BACK EPISODES OF KITCHEN IMPOSSIBLE FRIDAYS AT 10 P.M. ET/PT ON DIY NETWORK CANADA.**



# VIBRATIONS AREN'T ALWAYS GOOD

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Dear Charles,  
We have a Whirlpool Duet 4.5 cu. ft. front-loading washer and it sits on a Whirlpool

manufactured stand. The washer actually moves as it vibrates very badly on spin cycle. Do you have any suggestions for reducing the vibrations?

Catherine  
Orleans, Ont.

Dear Catherine,  
Although it is normal for the washing machine to vibrate somewhat during the spin cycle in particular, it sounds like yours is vibrating too much.

Firstly, was the machine

installed correctly?

Secondly, even if the machine was installed correctly, might it have been moved at some point by a family member or tradesperson trying to make a repair?

This would most likely throw off the original installation and calibration. Another consideration is whether or not the floor that the machine sits on level.

Lastly, when you load your washing machine, do

you evenly distribute the items within the drum?

Once you address the above items, the only remaining option is to call Whirlpool and ask them if they have any other thoughts.

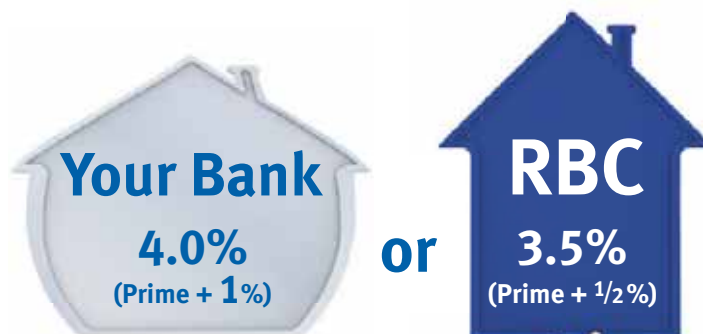
They are likely to suggest an appointment to come to your home and re-balance the machine. Please let us know what the outcome is and if and how the problem was solved. Good luck!

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## Weekly Cookbook

Bake Something Great!



Cookies, bars and squares are ultimate comfort foods. With that idea in mind, Jill Snider created her Bake Something Great! cookbook (Robert Rose, 2011). It boasts 400 recipes for goodies such as Frosted Carrot Nut Bars, Cinnamon Raspberry Stacks, Rum Balls and Key Lime Coconut Macaroons.

Both novices and experienced bakers will find Bake Something Great! easy to use thanks to its directions complete with tips and variations.

# Bars you'll want to get behind

► These yummy Apple Bars are a tasty alternative to pre-packaged, store-bought ones

THE CANADIAN PRESS/H/O



► This recipe makes 12 bars.

Looking for a yummy dessert or addition for your kids' lunch bag to serve during these cold months?

Apples are a great way to go. This apple-based bar has the texture of a chewy brownie and goes well with a scoop of your favourite ice cream or yogurt for an extra special treat.

## Preparation:

**1** Topping: Peel, core and slice the apples about 1.25 cm (1/2-inch) thick. In a bowl, mix the sugar with cinnamon; add apples and toss to coat evenly. Set aside.

**2** Cake: In a large bowl and using electric mixer, beat the butter with sugar for about 1 minute. Beat in the

eggs and vanilla until smooth.

**3** In another bowl, whisk together the flour, cinnamon, baking powder, baking soda and salt; slowly beat into the butter mixture at medium speed until well blended. Spread in greased 2.5 l (9-inch) square cake pan.

**4** Drain any juices from apples that might have accumulated. Arrange the apples on top in four rows, slightly pressing into batter. Bake the mixture in a 180 C (350 F) oven for about 40 minutes or until cake tester comes out clean. Let pan cool on rack.

**5** Icing: In a bowl, stir the icing sugar, milk and vanilla until smooth; thin with additional milk if needed. Drizzle over cake. **FOODLAND ONTARIO/ THE CANADIAN PRESS/ EMILY RICHARDS (A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

## Ingredients:

### Apple Topping

- 2 large apples
- 15 ml (1 tbsp) granulated sugar
- 1 ml (1/4 tsp) cinnamon

### Cake

- 75 ml (1/3 cup) butter, softened
- 250 ml (1 cup) packed brown sugar
- 2 eggs
- 5 ml (1 tsp) vanilla
- 175 ml (3/4 cup) all-purpose flour
- 3 ml (3/4 tsp) ground cinnamon
- 2 ml (1/2 tsp) baking powder
- 1 ml (1/4 tsp) baking soda
- 1 ml (1/4 tsp) salt

### Icing (optional)

- 125 ml (1/2 cup) icing sugar, sifted
- 10 to 15 ml (2 to 3 tsp) 2% milk or 5% light cream
- 1 ml (1/4 tsp) vanilla



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► Sweet mingles with salty in these tasty almond-filled breakfast bars

## Preparation:

**1** Lightly coat a 9"x13" baking dish with non-stick cooking spray. In a large mixing bowl, gently toss the oats, rice, flax seeds, and almonds to combine.

**2** In small saucepan, combine the fine sea salt, sugars, oils, honey, and almond butter. Bring to a simmer over medium-high, whisking any lumps of almond butter smooth, and cook for 2-3 minutes. Slowly pour mixture over dry ingredients while stirring; continue to stir until all of the ingredients are evenly coated.

**3** Transfer entire mixture to prepared pan and firmly press into pan while still warm, taking care to

evenly distribute whole almonds. Once evenly pressed into pan, sprinkle with 2 to 3 pinches of coarse sea salt and press perfectly flat (using a flat-sided meat tenderizer can be helpful, but not necessary). Let cool to room temperature.

**4** Using a ruler, measure and score the bars in half lengthwise to approximately 4 1/2" in length, and 1 1/2" crosswise to make 16 bars; cut bars following scored lines. Trim edges if desired. Store in an airtight container up to one week.

**NEWS CANADA/CREATED BY PASTRY CHEF JENNY MCCOY, OF CRAFT IN NEW YORK CITY, FOR ALMOND BOARD OF CALIFORNIA. VISIT ALMONDBOARD.COM**

## Ingredients:

- 3 cups (750 mL) rolled oats
- 4 cups (1 L) puffed rice (brown rice recommended)
- 1/4 cup (50 mL) flax seeds
- 1 1/2 cups (375 mL) whole natural almonds
- 1/4 tsp (1 mL) fine sea salt

- 1/2 cup (125 mL) light brown sugar
- 2 tbsp (30 mL) maple sugar
- 1/4 cup (60 mL) almond oil
- 1/4 cup (60 mL) canola oil
- 1/4 cup (60 mL) plus 2 tbsp (30 mL) honey
- 1/4 cup (50 mL) almond butter
- Coarse sea salt, for topping



► Boudreau on season-long roll as Mooseheads prepare to host Baie-Comeau Drakkar on Thursday at 7 p.m. ► Herd looking to shake off new year's slump of five losses in seven games ► Club still sits tied for sixth overall in QMJHL with 26-16-4 record



► Mooseheads centre Matthew Boudreau celebrates one of his 21 goals this season. He is second in the QMJHL with 14 power-play goals.

# Just another day at the 'office'



**MATTHEW WUEST**  
@METRONEWS.CA

Wayne Gretzky had his office. Matthew Boudreau has his.

While No. 99 befuddled goaltenders by setting up shop behind the net and weaving magical plays, Boudreau has become a deadly power-play weapon for the Halifax Mooseheads by lurking inside a 15-foot radius of the net on the right wing.

Second in the QMJHL with 14 power-play goals, the left-shooting Boudreau estimates he's scored 10 of them from that area on rebounds alone. He might have the rest of them from the same spot off one-timers.

"I'd always been a power-

play guy when I was growing up, and this year, I've had a good opportunity to show it on the ice," Boudreau says. "I just have that spot. Coach calls it my office. I find the open spot, and if we take a shot, I make sure I have the rebound."

It's been a breakthrough campaign for Boudreau, who has more than doubled his rookie goal total and is just nine points away from tripling his freshman point total. The 18-year-old is second on the team with 45 points in 46 games, and he's accumulated a team-leading 27 of those points on the power play.

Mooseheads head coach Dominique Ducharme says Boudreau has natural instincts for knowing where the puck will bounce after



► Matthew Boudreau scores a goal from his "office."

a save and the quick hands to capitalize on the chances that knowledge creates.

"A lot of his goals are not from passes, and it's tough to defend against rebounds," Ducharme says. "We give ourselves guidelines on the ice where we

know rebounds will come, percentages and angles, and he's working that really nicely."

With the help of Boudreau, the Mooseheads' power play scores 25.4 per cent of the time and is tied for second overall in the QMJHL with 57 goals

scored.

"We love playing on the power play and everybody likes scoring goals," Boudreau says.

The five-foot-nine, 163-pound native of St-Eustache, Que., built confidence at the start of the season with three goals in his first three games. He has been remarkably consistent since, averaging a point-per-game in four out of five months. He missed the mark by a single point in October.

Confidence has played a big role in that success — and will continue to down the stretch.

"When you shoot the puck and you know it's in before it leaves your stick, that's confidence," Ducharme says. "He's feeling like that right now."

4  
sports

## Quoted



**"Dixon is a really clever playmaker and he knows how to put the puck in hard-to-reach places."**

ASSAT PORI FORWARD Veli-Matti Savinainen, a linemate of Halifax's Stephen Dixon in the Finnish SM-Liiga. Dixon, a former Pittsburgh Penguins prospect, is second in league scoring with 14 goals and 30 assists for 44 points in 42 games.

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# Smith-Dacey goes 2-0 to open Scotties in Halifax

Local rink off to solid start in provincial title defence



RYAN TAPLIN/METRO

## Scotties Tournament of Hearts

### STANDINGS

	W	L
HEATHER SMITH-DACEY	2	0
MARY MATTATALL	2	0
COLLEEN PINKNEY	1	1
CORALIE DUCHEMIN	1	1
JOCELYN NIX	1	1
MARY-ANNE ARSENAULT	1	1
KELLY MACINTOSH	0	2
SARAH RHYNO	0	2

### TODAY'S SCHEDULE

• 1 p.m. —  
Nix vs. Smith-Dacey, Rhyno vs. MacIntosh, Arsenault vs. Duchemin, Pinkney vs. Mattatall  
• 7 p.m. —  
Duchemin vs. MacIntosh, Mattatall vs. Smith-Dacey, Pinkney vs. Nix, Arsenault vs. Rhyno

Two teams are off to unbeaten starts after opening-day action at the Scotties Tournament of Hearts at CFB Halifax Curling Club.

Defending champion and top seed Heather Smith-Dacey of the host club and Mary Mattatall of Mayflower opened up with 2-0 records on Wednesday as the chase

for Nova Scotia women's curling supremacy got underway.

Smith-Dacey, whose squad earned a bronze-medal finish at last year's national Scotties, earned a 6-3 win over CFB Halifax's Sarah Rhyno, and followed it by topping Sydney's Coralie Duchemin 9-5 later on in the evening.

Mattatall edged Dartmouth's Kelly MacIntosh 8-7 in the morning and then handled Mayflower's Mary-Anne Arsenault 7-2 in the evening.

Round-robin action continues Thursday with draws at 1 and 7 p.m., while the semifinals and championship are Sunday.

● METRO

# Dal slips past SMU on court

The Dalhousie Tigers beat the Saint Mary's Huskies 78-76 in an Atlantic University Sport men's basketball nail-biter on Wednesday night at The Tower.

The Tigers (5-6) slipped past the Huskies in the AUS standings, moving into fifth spot. The sixth-place Huskies (6-7) fell below .500.

In women's action, the Huskies improved to 10-3 and moved into sole possession of first overall with a 72-62 win over the Tigers. Dalhousie (3-8) is tied with the St. Francis Xavier X-Women for the sixth and final playoff spot.

● METRO

# Cataractes move into No. 1 spot

Gabriel Girard and the Shawinigan Cataractes stepped up in a crucial divisional matchup on Wednesday.

Girard made 22 saves as Shawinigan rocked the Victoriaville Tigres 6-0 to add to their lead in the Quebec Major Junior Hockey League's East Division and move into first overall.

The win gives the Cataractes 72 points, a six-point lead over Victoriaville in the standings.

Both teams had won eight of their last 10 games heading into the matchup.

The Saint John Sea Dogs are second in the league's overall standings and first in the Maritimes Division with 70 points.

At Shawinigan, Que., Peter Sakaris scored on a penalty shot for the Cataractes (34-11-4), while Pierre-Olivier Morin had a pair of goals. Yannick Veilleux, Anton Zlobin and Loik Poudrier also chipped in.

Brandon Whitney started in net for Victoriaville (32-16-2), stopping 31-of-36 shots. He was replaced after Morin's second goal by David Honzik, who made five saves on six shots.

THE CANADIAN PRESS

## Sports in pictures

PHOTOS  
1. MARK J. TERRILL/THE ASSOCIATED PRESS FILE  
2. ROB CARR/GETTY IMAGES FILE  
3. DOUG PENSINGER/GETTY IMAGES FILE  
4. GREGORY SHAMUS/GETTY IMAGES FILE  
5. PATRICK MCDERMOTT/GETTY IMAGES FILE



**1** Kevin Love has agreed to a four-year contract extension with the Minnesota Timberwolves worth more than \$60 million US that allows him to opt out after three years.

**2** Indianapolis hired Baltimore Ravens defensive co-ordinator Chuck Pagano as its new coach Wednesday.

**3** The Oakland Raiders are finalizing a deal with Denver defensive co-ordinator Dennis Allen to make him their new head coach.

**4** Nicklas Lidstrom's consecutive-games streak ended at 213 on Wednesday night when the Detroit Red Wings captain sat out against the Montreal Canadiens because of the flu.

**5** The NFL extended commissioner Roger Goodell's contract through the 2018 season Wednesday.  
THE ASSOCIATED PRESS

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### Miscellaneous

### Miscellaneous

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## Crossword

## Across

1 Put on layaway, perhaps  
5 Fool  
8 Capri or Wight  
12 Appellation  
13 Hockey legend Bobby  
14 Blunder  
15 Stonestreet of "Modern Family"  
16 Keanu's "Matrix" role  
17 One  
18 Bounded  
20 Jimmy Carter's Georgia home  
22 Angry group  
23 Hostel  
24 React in horror  
27 Loads, as software  
32 Id counterpart  
33 Old Olds  
34 Fine, to NASA  
35 Herring's cousin  
38 Go back and forth  
39 Fireworks response  
40 Go blue?

2 Distort  
3 Eastern potentate  
4 Leave suddenly  
5 Sparrow or skylark  
6 Exist  
7 Item on stage  
8 Tropical lizard  
9 New family member  
10 Pork cut  
11 Salamanders  
19 "Forget it!"  
21 Torched  
24 Jewel  
25 Census statistic  
26 Ultrasound image

28 Born  
29 Author of "Finishing the Hat"  
30 Mauna —  
31 The air up there  
36 Sweethearts  
37 "Caught ya!"  
38 Spring, for one  
41 "As — sow ..."  
42 Brit's blackjack  
43 Lecher's look  
44 Be an umpire  
46 Gambling mecca  
47 Decorate  
48 Loathe  
51 Shell game

item

## ► Yesterday's answer

S	A	F	E	S	I	N	S	P	R	Y
O	X	E	N	K	O	I	C	L	U	E
P	L	E	D	G	I	N	G	H	U	L
H	E	T	U	P	H	A	M	M	E	R
R	O	T	C	L	O	B				
L	O	P	E	R	E	N	T	I	R	A
A	W	L	V	I	D	E	O	N	U	N
G	E	O	A	P	E	X	A	G	E	D
T	A	N	S	T	E	W				
M	A	T	T	E	S	R	A	D	I	O
I	R	I	S	P	L	A	N	K	I	N
N	I	N	E	A	I	L	E	V	I	L
G	A	G	A	T	E	E	N	A	T	E

## Today's horoscope

## ♈ Aries March 21-April 20

Don't get involved in a feud unless you know you can win it.

## ♉ Taurus April 21-May 21

Some situations change so fast that there is really no point in trying to direct events. Back off.

## ♊ Gemini May 22-June 21

Someone in a position of power will try to persuade you that a certain course of action is in your best interests. You know it isn't true.

## ♋ Cancer June 22-July 22

Today, you must ignore all of the exciting events happening in your world and focus on getting your money situation in better shape.

## ♌ Leo July 23-Aug. 23

Someone seems to disagree with you about everything you say and do. Pretend he or she doesn't exist.

## ♍ Virgo Aug. 24-Sept. 22

Take care that you don't fall out with someone in a position of authority today. It's good politics.

## ♎ Libra Sept. 23-Oct. 23

Libras are tougher than they sometimes look and anyone who doubts that will learn today just how resolute and committed you can be.

## ♏ Scorpio Oct. 24-Nov. 22

For best results today, focus your energy on something creative that you can do on your own.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

## ♐ Sagittarius Nov. 23-Dec. 21

Partners will follow your lead today, but only if you persuade them it is in their best interests.

## ♑ Capricorn Dec. 22-Jan. 20

You will be in a charitable mood over the next 24 hours but watch out you don't give too much away.

## ♒ Aquarius Jan. 21-Feb. 18

Go with the flow today and don't worry that you can't yet see your final destination. It'll be great.

## ♓ Pisces Feb. 19-March 20

Deep questions seem to be taking up a lot of your time, and that's good. They're the questions that really matter. **SALLY BROMPTON**

## Sudoku

		6		2							
			1		6					7	
			3		9	7	6	8			
			9							6	
	1	5		7			9	4			
4							1				
	2	6	7	4			5				
1				3			2				
					8			9			

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's answer ►

8	4	2	1	3	5	6	7	9
9	6	7	4	8	2	1	5	3
1	3	5	6	9	7	2	4	8
2	5	9	3	4	8	7	1	6
4	1	8	7	6	9	5	3	2
3	7	6	5	2	1	9	8	4
5	9	3	2	7	4	8	6	1
6	8	1	9	5	3	4	2	7
7	2	4	8	1	6	3	9	5

**Today**

-4°/-8°  
Partly cloudy

**Friday**

3°/-1°  
Rain and snow  
100%

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TWN incorporates MSC data

## Caption contest



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\*1% rate reduction offer is available to current registered retail owners/lessees of a Toyota branded vehicle (registered and insured in Canada prior to January 4, 2012) when they purchase finance or lease and take registered retail delivery of a new Toyota branded vehicle between January 4, 2012 and February 29, 2012, through Toyota Financial Services on approved credit. Proof of current address and registration/insurance/lease required. Rate reduction is limited to a minimum of 0.1%. Offer not available in TCI/TMAC/TOCI employees/contractors, TMAC Vehicle Purchase Plan participants, fleet customers and graduate program customers. Offer not combinable with cash customer incentives. Limit of one offer per registered owner/lessee per registered vehicle. No more than one offer may be used towards the purchase finance/lease of a single new vehicle. Current vehicle owner/lessee must be named as owner/co-owner or lessee/financee of new vehicle. Dealer order/trade may be necessary. Offer subject to change without notice. (Make 60 Payments for 90 Days when you purchase finance a new unregistered Toyota vehicle through Toyota Financial Services. Offer applies on approved credit to retail customers who purchase finance and take delivery by January 31, 2012. The first monthly payment will be deferred for 60 days (until the 60th day of the contract) and finance contracts will be extended accordingly. Interest charges will not accrue during the first 90 days of the contract. After 90 days, interest starts to accrue and the purchase will repay principal and interest over the term of the contract. All offers are time limited at participating dealerships. Offers subject to change/cancellation without notice. See your participating Toyota dealer for details. \*Prices include taxes. See O'Regan's Toyota for details.



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